

Taste tests expose consumers to something new. The something new can be a food item, but a taste can also share a new method of preparation or flavoring. To make the most of your tasting event, use the opportunity to also talk to students about how the item will appear on the menu. Here are a few ideas – **pick one item** or create your own samples.

Encourage students to try **seasonal fruits and vegetables**. Most students eat a limited range of fruits and vegetables. Fresh seasonal items are colorful, and flavorful – a great way to expand their pallet.

- Blueberries & Cantaloupe
- Kiwi & Grapes
- Red/Orange Bell Peppers & Broccoli
- Cherry Tomatoes & Cucumbers

Introduce **slaws and salsa** as a way to add flavor and crunch to sandwiches, deli-wraps, fish tacos, and other entrée items.

- Pineapple slaw
- Cucumber Relish
- Black Bean and Corn Salsa
- Broccoli, Chickpea Filling
- Oriental Sesame Slaw

Offer healthy, flavorful dips and spreads to add zip to fruit slices and vegetable cups.

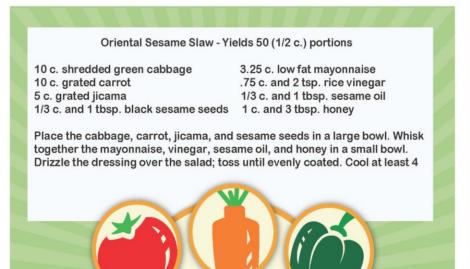
- Go Bananas Orange Dip
- Strawberry Yogurt Dip
- Lemon Garlic Hummus

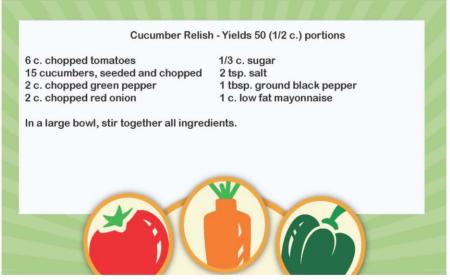
Spices are a hot trend with older students. Teach students how to use spices to enhance the flavor of vegetables, salads, and entrées.

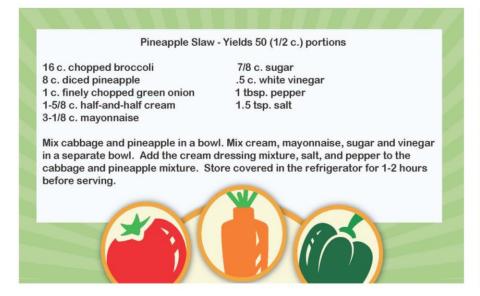
- Crushed red pepper on vegetables
- Italian blend on salads and greens
- Butter buds on steamed vegetables
- Maple-roasted garbanzo beans



Recipes









Recipes

